

Booking Form

Name.....

Mobile/home no..... Work no.....

Address

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email address.....

(If) Previous experience of yoga. **State when, how long for and what type**.....

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Medical Conditions

Please state any medical condition or injuries you have of any type including the following: high blood pressure, heart disease or any heart problem, epilepsy including petit mal, cancer or benign tumours, diabetes, meniers disease, detached retina, AIDS, MS or if you have recently had an operation. *If you have knee, back, neck and shoulder problems, sciatica or ME you can still attend classes but please still write ALL details below.*

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Class Details

Day..... Time.....

CASH/CHEQUE amount

**Please make cheques payable to:
Lindsey Patterson
thankyou and Namaste**

Cheltyoga



Cheltenham Holistic Health Centre

Camargue House
32 Wellington Road
Pittville
Cheltenham
GL52 2AG

Tel: 07789 190913 / 01242 584140

**www.cheltyoga.co.uk
www.chhc.co.uk**

TIMETABLE

Tuesday	Wednesday	Thursday
10.00 - 11.30am mixed ability		10.00 - 11.30am remedial
	6.30 - 8.00pm mixed ability	6.00 - 7.30pm general

Beginners are students with no previous experience of Iyengar Yoga. No level of fitness or flexibility is required.

Mixed Ability is suitable for most students, from improvers to those with up to 2 years experience.

General students must have attended a minimum of 2 years regular Iyengar classes and are working towards steady head balance.

Remedial class is for those with a back/neck/shoulder/hip/knee problem, who cannot attend regular classes. Any queries please speak to Lindsey, Sally or Gill. It is a drop in class and costs £10 per class.

Please speak to Lindsey before booking

All students must liaise with Lindsey if they are undergoing treatment with a Doctor, Osteopath or Chiropractor.

What to expect in class

You do not have to be flexible or fit to attend classes.

You will be introduced to the basic asanas (postures) which will include standing, sitting, revolving and forward/back bending postures. You will be guided in the use of yoga props such as belts and blocks, which will help you to achieve the postures to the best of your ability.

All the equipment is provided.

Please Note

- Leave 3-4 hours after a main meal or 2 hours after a light snack.
- Please do not bring water bottles into class.
- Wear clothes that do not restrict your movements.
- Yoga is always practised in bare feet.
- If you are menstruating there are certain postures that are not suitable, so please let Lindsey know.
- Attending class whilst pregnant is for students with two or more years of experience.

Payment

To secure your place in class payment for term is required in advance.

Please ensure you have filled in your BOOKING FORM and place it with payment in the YOGA BOX in reception, or send it to the address on the front of booking form

Drop In Class is for complete beginners only to try out a class

Missed classes may be picked up during that term but not carried over to the next term.

If you have any queries speak to Sally

Cost

One term (8 weeks) £64.00

Drop in rate (one class) £9.00 (remedial £10)

Please note that drop in is for students trying out a class before committing to a term ONLY